

# Herbs for Weight Loss

Losing weight is a battle not many win. It takes determination, discipline, and a lot of hard work. There's a new diet plan or fad that pops up daily, it seems. Some produce the desired results, but many are either not legitimate or are not healthy for you. The tried and proven way to lose weight is to eat a healthy, well-balanced diet accompanied with plenty of exercise. Whatever your diet plan may be, there are actually some natural herbs that can help you on your journey.

## Cinnamon Bark

Ever had a craving for something sweet? If you've ever been on a diet, then you most surely have. [Cinnamon bark](#) is a pretty great alternative to sugar, chocolate, or whatever your sweet tooth desires. Cinnamon can help regulate your blood sugar and can normalize the process of burning and digesting fat. Mustard, black pepper, and cayenne pepper also have this effect. If you use these in your daily cooking, your body will most likely thank you for it and will help you in losing weight.

## Burdock Root

[Burdock Root](#) contains numerous compounds that are known to have antioxidant, disease preventing, and health promoting properties.

## Gymnema Leaf

[Gymnema Leaf](#) can aid in lowering blood sugar levels and reduce sugar cravings. This will help maintain those sugar binge cravings you may be prone to have. Reducing sugar intake is one of the best thing you can do for your health.

## Hawthorn Leaf & Flower

[Hawthorn Leaf & Flower](#) are important supports for a healthy heart and circulatory system. Maintaining a healthy heart will not only increase your lifespan, but can help to fend off a multitude of possible ailments and health problems.

## Fennel Seeds

[Fennel Seeds](#) have a scent and taste similar to that of anise and a long history as a slimming aid. They act as a diuretic and can relieve bloating and aid digestion.

## Change Your Diet

These herbs and supplements can help support you on the road to a slimmer, healthier you, but it is important to remember that losing weight, and keeping it off, requires a lifestyle change. Keep track of what you put

into your body and establish healthy eating habits that you can maintain long after you lose the weight.

### **Be Active**

Being active doesn't have to mean going to the gym for hours every day of the week. Increasing energy can be as simple as taking a walk around the block in the morning or on your lunch break. Walking is a particularly great way to increase energy; even ten minutes a day can make a difference.

### **Don't Skip Meals**

Eating breakfast encourages your metabolism to get started in the morning. It also encourages your energy level to get your body moving first thing in the morning and throughout the day. And don't skip out on water. Staying adequately hydrated will also help improve energy throughout the day.

### **Get Adequate Rest**

Each person has a unique sleep requirement. Your sleep need depends upon genetic and physiological factors. However, a simple definition of sufficient sleep is a sleep duration that is followed by a spontaneous awakening and leaves one feeling refreshed and alert for the day.

### **Check Your Thyroid**

The thyroid gland produces, stores, and releases hormones that travel through your body regulating your metabolism and directing other activity in your cells. A healthy thyroid gland will support strong energy levels. Male/Female Balance Formula supports normal thyroid function.

### **Weight Loss Formula**

The herbs in this Weight Loss Formula will strengthen the adrenal and thyroid glands, assist with digestion and bowel function and support healthy kidney function, eliminating retention of fluids and toxins. This is nature's weight balancing system. This is not a crash program for fast weight loss, but rather an herbal combination that builds and strengthens the glands and organs of the body allowing for optimal function and optimal weight. This formula is made with 100% natural whole herbs none of which are stimulants. Many will notice weight loss as their first improvement while others will lose inches before weight. Give yourself at least 8-12 weeks on the program and see how well you feel.

Whatever your health challenges, remember that it is in the midst of your challenges that you find your inner strength. And whatever your health goals are, remember that knowledge of, and the power of, whole herbs can be one of your best allies.